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[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

### [illegible] B — [illegible] ([illegible] [illegible]).

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. MTHFR [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]% [illegible] [illegible] [illegible] [illegible].

| [illegible]. | [illegible] | [illegible] [illegible] [illegible] [illegible]? |
|---|---|---|
| [illegible]/[illegible] ([illegible] [illegible]) | [illegible] [illegible]% [illegible]. | [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]. |
| [illegible]/[illegible] ([illegible]). | ~[illegible]-[illegible]% [illegible]. | [illegible] [illegible] [illegible] [illegible], [illegible]: [illegible] [illegible] [illegible] [illegible]. |
| [illegible]/[illegible] ([illegible]) | ~30-40% [illegible]; [illegible] [illegible]. | [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible]. |
| [illegible] [illegible] ([illegible]/[illegible] + [illegible]1298[illegible] [illegible]/[illegible]) | [illegible] [illegible] [illegible]; [illegible] T/T [illegible] [illegible]. | [illegible] [illegible]. |

**MTHFR** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] **(T)** [illegible] [illegible] [illegible] [illegible] [illegible] **(fortified foods** [illegible] [illegible] [illegible]**)** [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible]/[illegible]-[illegible]/**5-MTHF/**[illegible] [illegible].

### [illegible] B - COMT ([illegible] [illegible]: [illegible] [illegible]/[illegible]).

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

| [illegible]. | [illegible] | [illegible] **(substance)** [illegible] [illegible] **(recovery)** [illegible]. |
|---|---|---|
| Val/Val | [illegible] - [illegible]. | [illegible] [illegible]; [illegible] [illegible]. [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible]. |
| Met/Met | [illegible] / [illegible] - [illegible]. | [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible]— [illegible] [illegible]. |
| Val/Met | [illegible]. | [illegible]; [illegible] [illegible] [illegible]. |

[illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible].

## [illegible] [illegible] — CYP2D6 ([illegible] [illegible]).

[illegible] [illegible] (liver enzyme) [illegible] [illegible] (opioids) [illegible] [illegible] [illegible] (antidepressants) [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] '[illegible]-[illegible]' (drug-seeking) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

| [illegible]. | [illegible]? | [illegible] [illegible] [illegible]? |
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| [illegible] [illegible] [illegible] ([illegible]). | [illegible] [illegible] [illegible]. [illegible]/[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. | [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] Naloxone [illegible]. |
| [illegible] (IM) | [illegible] [illegible] [illegible] [illegible]. | [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]. |
| [illegible] ([illegible]) | Standard [illegible]. | [illegible] [illegible] [illegible] [illegible]. |
| [illegible] ([illegible]) | [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] (antidepressants) [illegible] [illegible]. | [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. |

## [illegible] [illegible] — GABRA2 / GABRB3 ([illegible] [illegible]).

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. GABRA2 [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] '[illegible]' [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

[illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible].

| [illegible]. | [illegible] | [illegible] [illegible]? |
|---|---|---|
| GABRA2 [illegible]-[illegible] (rs279858 T-[illegible]) — [illegible] [illegible]-[illegible]%. | [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. | [illegible]/[illegible] '[illegible] [illegible] [illegible]'. [illegible]-[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. |
| GABRA2 [illegible]-[illegible] — [illegible] [illegible]-[illegible]%. | [illegible] [illegible]. | [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]. |
| GABRB3 [illegible] [illegible]. | [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. | [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. |

**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?**

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. **GABRA2** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

□□□□□' **(UMP + DHA + CDP-choline)** □□□□□□ □□□□□ □□□, □□□□□□□□ □□□□□□ □□□□□□ □□□□□.

## [illegible] — [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]—[illegible] [illegible]. [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible], [illegible] [illegible]-[illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

| [illegible]. | [illegible]. | [illegible] [illegible] [illegible] [illegible] [illegible]. |
|---|---|---|
| [illegible] - [illegible] [illegible]/[illegible] + [illegible]/[illegible]. | [illegible] + [illegible]. | [illegible] [illegible] [illegible] [illegible]. [illegible]/[illegible]/[illegible] [illegible], [illegible]. [illegible]: [illegible] [illegible], [illegible] [illegible], [illegible], [illegible]. |
| [illegible] [illegible] — MTHFR T/T + COMT Val/Val. | [illegible] + [illegible]. | [illegible] (SSRI [illegible]), [illegible], [illegible]. [illegible] '[illegible] [illegible]' [illegible]. [illegible]: [illegible] [illegible], [illegible], [illegible], [illegible]-[illegible] [illegible], [illegible] (Wellbutrin) [illegible]. |
| [illegible] — CYP2D6 [illegible]/[illegible] + MTHFR/COMT. | [illegible] + [illegible]. | [illegible] [illegible] [illegible], [illegible]: [illegible] [illegible]. [illegible] [illegible] (CYP2D6 [illegible]). [illegible]: [illegible]; Naloxone [illegible]. |
| [illegible] — GABRA2 + COMT Val/Val. | [illegible] + [illegible]. | [illegible] (GABA) [illegible]. [illegible]: [illegible] + [illegible]-[illegible] + [illegible]. |
| [illegible] — GABRA2 + COMT Met/Met. | [illegible] + [illegible]. | [illegible] [illegible]: '[illegible]' [illegible] '[illegible]'; [illegible] (benzodiazepine) [illegible]. |
| [illegible]-[illegible] — GABRA2 + MTHFR T/T | [illegible] + [illegible]. | [illegible]: [illegible] [illegible]. [illegible]-[illegible] [illegible]. |

**[redacted]**

[redacted]

[redacted]

[redacted] **(**[redacted]**)** [redacted]:

**MTHFR-**[redacted] → [redacted].

**COMT Val/Val** [redacted] → [redacted].

**COMT Met/Met** [redacted] → [redacted].

**GABRA2 →** '[redacted]' [redacted].

**CYP2D6** [redacted] → [redacted] **Naloxone** [redacted].

**DRD2 A1 →** [redacted].

[redacted] [redacted], [redacted].

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- **COMT Val/Val** □□□□□□ □□□□□□ □□□□□□ □□□, □□□□□□□□□□□□□□ **MTHFR T/T** □□□ □□□□□□ **DRD2 A1** □□□□□□ □□□□□□ □□□□□ □□□□□□; □□□□ **GABRA2** □□□□□□ □□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□ □□□ □□□□□□□□□□ □□□□ □□□□□ □□□□□.
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- **[illegible]: [illegible], [illegible]— [illegible], [illegible], [illegible].**

## [illegible] - [illegible] ([illegible]-[illegible]).

[illegible]: [illegible]-[illegible]-[illegible]. [illegible]—[illegible], [illegible]. [illegible], '[illegible]' (Sage) [illegible] '[illegible]' (Depleted Worrier) [illegible], [illegible] legitimate opioid [illegible], [illegible].

- **COMT [illegible]/[illegible] (Met/Met) [illegible], [illegible] MTHFR [illegible]/[illegible] (T/T) [illegible], [illegible] OPRM1 [illegible] CYP2D6 [illegible].**
- **[illegible]/[illegible] - [illegible]: [illegible]-[illegible] (withdrawal) [illegible], [illegible], [illegible] (ER) [illegible] MAT [illegible]. [illegible] OPRM1 [illegible] G-[illegible] (G-allele) [illegible], [illegible]. DLPA (DLPA) [illegible]-[illegible]% [illegible].**
- **[illegible]: [illegible] - [illegible], [illegible], [illegible], [illegible]; [illegible] (DLPA) [illegible]. [illegible] (Kratom) CYP [illegible]—[illegible].**

> **[illegible] '[illegible]' [illegible]?**
>
> **[illegible]; [illegible]. [illegible] (kratom) [illegible], [illegible] '[illegible]' [illegible] '[illegible]' [illegible], [illegible] '[illegible]'[illegible]. [illegible] (cocaine) [illegible], [illegible], [illegible] (taper) [illegible]. [illegible]— [illegible], [illegible].**

## [illegible] — [illegible], [illegible].

[illegible], [illegible], [illegible] [illegible].

### [illegible] - [illegible] ([illegible])

[illegible], [illegible]. [illegible], [illegible]— [illegible] '[illegible]' [illegible] ([illegible], [illegible]).

#### [illegible] ([illegible])

- [illegible]: [illegible] → [illegible].[illegible]–[illegible] ([illegible]).
- [illegible] ([illegible]12) [illegible],[illegible] mcg [illegible].
  [illegible]–[illegible] mg.
  [illegible]-[illegible]-[illegible] ([illegible]) [illegible] mg.
  [illegible],[illegible] mg.
- [illegible]-3 ([illegible]/[illegible]) [illegible]-[illegible] · [illegible],[illegible] ([illegible]) · [illegible],[illegible].

#### [illegible]-[illegible] (COMT Val/Val)

- [illegible]-[illegible],[illegible]–[illegible] · [illegible]–[illegible] · [illegible] · [illegible].

#### Sage/Worrier [illegible]-[illegible] (COMT Met/Met)

- [illegible]-[illegible], [illegible] · [illegible] · [illegible],[illegible] · [illegible].

#### [illegible] (GABRA2/GABRB3 [illegible]).

- [illegible]-[illegible], [illegible] ([illegible]) · [illegible]-[illegible], [illegible] · [illegible],[illegible] · [illegible] · [illegible] ([illegible]). [illegible]: [illegible]/[illegible], [illegible], [illegible]-[illegible].

### [illegible] — [illegible] ([illegible]).

[illegible]. [illegible] ([illegible]) [illegible].

- **[illegible]/[illegible]: [illegible] (buprenorphine) [illegible] (MAT) [illegible]; [illegible]-[illegible] [illegible]-[illegible]% [illegible]; [illegible] (DLPA) [illegible]; [illegible] (black seed oil) [illegible].**

- [illegible]/[illegible]: [illegible] **([illegible])**; [illegible] [illegible] [illegible]; [illegible] [illegible]
- [illegible]/[illegible] **([illegible] GABRB3-[illegible])**: [illegible] **withdrawal** [illegible] **seizures** [illegible] [illegible] [illegible]. **GABA** [illegible] **(theanine, taurine, magnesium, glycine); gabapentin/baclofen** [illegible]

## [illegible] - [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (BDNF, D2 [illegible], [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

| | [illegible] ([illegible]/[illegible]) | Sage/Worrier (Met/Met) | GABRA2 ([illegible] [illegible]). |
|---|---|---|---|
| [illegible]. | HIIT, [illegible], [illegible] [illegible], [illegible]. | [illegible], [illegible]-2 [illegible], [illegible], [illegible]. | [illegible] [illegible] ([illegible]/[illegible]: [illegible]), [illegible]-2 [illegible], [illegible]. |
| [illegible]. | [illegible], [illegible] [illegible] [illegible] → [illegible]. | HIIT/[illegible] [illegible] → [illegible] [illegible] | [illegible] [illegible] [illegible], [illegible] [illegible]. |
| [illegible]. | [illegible] [illegible]. | [illegible] [illegible] [illegible] [illegible]. | [illegible] [illegible] [illegible]; [illegible], [illegible] '[illegible]' (Warrior) [illegible]. |

[illegible] **( '[illegible] [illegible]' [illegible]).**

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: '[illegible] [illegible] [illegible] [illegible]' [illegible] [illegible]; 'I [illegible] [illegible] [illegible] [illegible]' [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] **(reward)** [illegible] [illegible] **(prefrontal)** [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] **(craving)** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(prefrontal cortex)** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] **NAC,** [illegible] [illegible] **(methylation stack)** [illegible] **AMPA/BDNF** [illegible] [illegible] [illegible] **(nootropic support)** [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]

स्थितीनुसार अपेक्षित आहे .

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[illegible].

[illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible].

[illegible] → [illegible]. [illegible] → **findahelpline.com** [illegible]. [illegible] → **112** [illegible]. [illegible] **(AI)** [illegible]—[illegible].

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[illegible] **(**[illegible]**)**, [illegible], [illegible], [illegible], [illegible]-[illegible], [illegible]. [illegible]; [illegible]; [illegible].